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MYTH & TRUTH

MEDITATION

"Meditation is a discipline; a way to make our minds ready for Self Knowledge."

"We need to understand meditation as defined in our śāstras. This book will dispel myths and uncover the truth of meditation as it ought to be!"

- Swami Ananda Saraswati



"Meditation often echoes uniquely in each heart. Its essence, sadly commercialized, is now lost in a maze of forms, types, and purported gains. What, then, is the essence of meditation? A true understanding aligns with the rich and ancient teachings

of the Hindu tradition. The book you hold is a light on this path. It is not merely a guide to meditation; it's a portal to a journey within, a journey that promises growth, and with time, the discovery of your truest Self."

# MEDITATION

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